



Gelderse Kampioenschappen korte baan
Nijmegen, 9- - 17-11-2024



Programmanr. 308
16-11-2024 - 16:17

Heren, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
Gebjr 2011 - 2013								
1.	Nils Bellert	SG Octopus - ZVV	5:41.34	201100347	5:21.86			
	50m: 32.36	32.36	150m: 1:54.74	42.29	250m: 3:21.58	47.36	350m: 4:45.82	37.41
	100m: 1:12.45	40.09	200m: 2:34.22	39.48	300m: 4:08.41	46.83	400m: 5:21.86	36.04
2.	Tim Slagers	Aquapoldro	6:12.45	201200263	5:31.33			
	50m: 33.15	33.15	150m: 1:54.52	43.35	250m: 3:27.06	51.01	350m: 4:55.47	37.58
	100m: 1:11.17	38.02	200m: 2:36.05	41.53	300m: 4:17.89	50.83	400m: 5:31.33	35.86
3.	Dax Muijlaert 150m*, 350m*	SG Octopus - ZVV	5:53.26	201100535	5:32.92			
	50m: 34.06	34.06	150m: 1:58.78	42.52	250m: 3:29.57	50.65	350m: 4:57.31	37.64
	100m: 1:16.26	42.20	200m: 2:38.92	40.14	300m: 4:19.67	50.10	400m: 5:32.92	35.61
4.	Rutger Donker	NDD	6:06.15	201200361	5:52.55			
	50m: 38.02	38.02	150m: 2:10.07	45.00	250m: 3:42.62	50.29	350m: 5:14.92	39.17
	100m: 1:25.07	47.05	200m: 2:52.33	42.26	300m: 4:35.75	53.13	400m: 5:52.55	37.63
5.	Yanniek Jager 150m*, 350m*	Batavia Swim	5:50.11	201100315	5:52.71			
	50m: 37.69	37.69	150m: 2:09.84	45.60	250m: 3:43.02	49.76	350m: 5:14.84	41.11
	100m: 1:24.24	46.55	200m: 2:53.26	43.42	300m: 4:33.73	50.71	400m: 5:52.71	37.87
6.	Hugo Hulstijn 200m*	SG Wijchen-Gelenberg	6:04.59	201100297	5:55.35			
	50m: 38.53	38.53	150m: 2:13.75	46.61	250m: 3:46.66	48.93	350m: 5:16.98	40.20
	100m: 1:27.14	48.61	200m: 2:57.73	43.98	300m: 4:36.78	50.12	400m: 5:55.35	38.37
Gebjr 2009 - 2010								
1.	Sven Potappel	DWK	5:25.45	201000127	5:11.79			
	50m: 31.78	31.78	150m: 1:51.44	42.31	250m: 3:18.28	45.23	350m: 4:37.81	36.43
	100m: 1:09.13	37.35	200m: 2:33.05	41.61	300m: 4:01.38	43.10	400m: 5:11.79	33.98
2.	Ruben Zirkzee	ZV De Meer	5:56.72	200900571	5:35.31			
	50m: 35.34	35.34	150m: 2:00.01	40.53	250m: 3:29.79	49.19	350m: 4:57.78	38.53
	100m: 1:19.48	44.14	200m: 2:40.60	40.59	300m: 4:19.25	49.46	400m: 5:35.31	37.53
3.	Giano Spoor 150m*	Aquapoldro	5:38.58	200900655	5:40.88			
	50m: 33.34	33.34	150m: 2:00.03	44.63	250m: 3:32.44	49.20	350m: 5:01.50	40.08
	100m: 1:15.40	42.06	200m: 2:43.24	43.21	300m: 4:21.42	48.98	400m: 5:40.88	39.38
4.	Ehor Poznyak	SG Wijchen-Gelenberg	5:48.82	201003501	5:44.65 *			
	50m: 36.55	36.55	150m: 2:05.05	45.66	250m: 3:37.29	48.29	350m: 5:06.36	41.37
	100m: 1:19.39	42.84	200m: 2:49.00	43.95	300m: 4:24.99	47.70	400m: 5:44.65	38.29
5.	Julian van Dijken	De Woelwaters	5:53.54	200902203	5:55.87			
	50m: 34.65	34.65	150m: 2:04.83	45.67	250m: 3:41.91	51.69	350m: 5:16.70	41.83
	100m: 1:19.16	44.51	200m: 2:50.22	45.39	300m: 4:34.87	52.96	400m: 5:55.87	39.17
Gebjr 2007 - 2008								
1.	Mies de Wit	CWW Swimteam	4:38.49	200700315	4:44.51 *			
	50m: 28.37	28.37	150m: 1:40.70	37.85	250m: 2:58.43	39.02	350m: 4:12.64	33.68
	100m: 1:02.85	34.48	200m: 2:19.41	38.71	300m: 3:38.96	40.53	400m: 4:44.51	31.87
2.	Mink Hugen	Aqua-Novio'94	5:08.63	200801391	5:07.44			
	50m: 32.51	32.51	150m: 1:50.74	40.46	250m: 3:14.47	44.08	350m: 4:34.08	35.73
	100m: 1:10.28	37.77	200m: 2:30.39	39.65	300m: 3:58.35	43.88	400m: 5:07.44	33.36
3.	Odo McCarthy 150m*	ZV Overbetuwe	5:19.54	200700307	5:09.37			
	50m: 32.48	32.48	150m: 1:50.83	39.24	250m: 3:14.08	44.28	350m: 4:34.79	36.09
	100m: 1:11.59	39.11	200m: 2:29.80	38.97	300m: 3:58.70	44.62	400m: 5:09.37	34.58
4.	Timo Berghuis 200m*	NDD	5:22.06	200801991	5:12.39			
	50m: 32.25	32.25	150m: 1:53.03	41.69	250m: 3:20.57	46.08	350m: 4:39.82	33.93
	100m: 1:11.34	39.09	200m: 2:34.49	41.46	300m: 4:05.89	45.32	400m: 5:12.39	32.57
5.	Kaj Folkerts	De Rijn	5:19.14	200700067	5:16.89			
	50m: 31.74	31.74	150m: 1:54.08	43.34	250m: 3:20.46	43.36	350m: 4:41.76	35.74
	100m: 1:10.74	39.00	200m: 2:37.10	43.02	300m: 4:06.02	45.56	400m: 5:16.89	35.13

Programmanr. 308, Jongens, 400m wisselslag, Gebjr 2007 - 2008

rang	naam	vereniging	intijd	200800899	tijd	RT
6.	Enna Lamers	ZV Overbetuwe	5:33.25	200800899	5:20.32	
	50m: 32.30	32.30 150m: 1:54.63	42.50	250m: 3:20.50	46.16	350m: 4:45.22
	100m: 1:12.13	39.83 200m: 2:34.34	39.71	300m: 4:07.33	46.83	400m: 5:20.32
						37.89
						35.10
7.	Timo Bourgonje	SG Octopus - ZVV	5:27.86	200700599	5:36.66	
	50m: 32.94	32.94 150m: 1:58.99	44.40	250m: 3:30.55	47.98	350m: 4:58.22
	100m: 1:14.59	41.65 200m: 2:42.57	43.58	300m: 4:19.18	48.63	400m: 5:36.66
						39.04
						38.44

Gebjr 2005 - 2006

1.	Thijs Berkhout 150m*	DWK	4:56.00	200500035	4:52.92	
	50m: 30.54	30.54 150m: 1:46.10	40.06	250m: 3:05.29	39.70	350m: 4:20.69
	100m: 1:06.04	35.50 200m: 2:25.59	39.49	300m: 3:46.50	41.21	400m: 4:52.92
						34.19
						32.23
2.	Lars ten Katen 150m*, 350m*	Batavia Swim	5:03.70	200600959	5:08.66	
	50m: 30.20	30.20 150m: 1:46.25	37.81	250m: 3:10.61	44.86	350m: 4:33.14
	100m: 1:08.44	38.24 200m: 2:25.75	39.50	300m: 3:57.20	46.59	400m: 5:08.66
						35.94
						35.52
3.	Ryan Bleumink	De Berkelduikers	5:22.22	200601257	5:14.78	
	50m: 31.79	31.79 150m: 1:51.59	39.91	250m: 3:17.24	46.10	350m: 4:39.85
	100m: 1:11.68	39.89 200m: 2:31.14	39.55	300m: 4:03.96	46.72	400m: 5:14.78
						35.89
						34.93
4.	Ruben de Wildt	BZC Dolfijnen	5:21.61	200601109	5:17.29	
	50m: 33.16	33.16 150m: 1:56.85	42.84	250m: 3:20.98	43.80	350m: 4:43.29
	100m: 1:14.01	40.85 200m: 2:37.18	40.33	300m: 4:06.18	45.20	400m: 5:17.29
						37.11
						34.00
5.	Jesper Dinger	Zuiderzeezwemmers	5:21.06	200601819	5:25.43	
	50m: 34.03	34.03 150m: 1:58.04	42.76	250m: 3:23.92	44.26	350m: 4:47.37
	100m: 1:15.28	41.25 200m: 2:39.66	41.62	300m: 4:08.47	44.55	400m: 5:25.43
						38.90
						38.06

2004 en eerder

1.	Ronis van Everdingen	DWK	4:36.93	200300043	4:42.40	
	50m: 28.30	28.30 150m: 1:37.94	36.57	250m: 2:53.95	40.24	350m: 4:09.24
	100m: 1:01.37	33.07 200m: 2:13.71	35.77	300m: 3:34.81	40.86	400m: 4:42.40
						34.43
						33.16
2.	Martijn Velders	Aqua-Novio'94	5:07.09	199502619	4:51.04	
	50m: 31.27	31.27 150m: 1:48.63	40.28	250m: 3:06.07	37.43	350m: 4:18.91
	100m: 1:08.35	37.08 200m: 2:28.64	40.01	300m: 3:44.18	38.11	400m: 4:51.04
						34.73
						32.13
3.	Mick van Kempen	CWW Swimteam	4:57.56	200203375	4:51.10	
	50m: 29.42	29.42 150m: 1:45.65	40.13	250m: 3:05.25	40.64	350m: 4:20.32
	100m: 1:05.52	36.10 200m: 2:24.61	38.96	300m: 3:46.68	41.43	400m: 4:51.10
						33.64
						30.78
4.	Bram van Norel 150m*	RZC	5:01.81	200301133	4:59.04	
	50m: 30.67	30.67 150m: 1:46.22	39.17	250m: 3:06.69	41.65	350m: 4:24.15
	100m: 1:07.05	36.38 200m: 2:25.04	38.82	300m: 3:49.30	42.61	400m: 4:59.04
						34.85
						34.89
5.	Mike Schel 350m*	ENC Arnhem	5:03.12	199403279	5:03.56	
	50m: 31.04	31.04 150m: 1:49.07	39.80	250m: 3:11.45	43.57	350m: 4:28.76
	100m: 1:09.27	38.23 200m: 2:27.88	38.81	300m: 3:54.27	42.82	400m: 5:03.56
						34.49
						34.80
6.	Niek Heethaar	DWK	5:10.67	199900999	5:15.60	
	50m: 30.30	30.30 150m: 1:49.13	41.57	250m: 3:12.17	44.04	350m: 4:36.89
	100m: 1:07.56	37.26 200m: 2:28.13	39.00	300m: 3:57.48	45.31	400m: 5:15.60
						39.41
						38.71
7.	Jeroen Louwinger	De Rijn	5:16.26	199900583	5:19.23	
	50m: 33.29	33.29 150m: 1:50.48	38.85	250m: 3:17.95	48.28	350m: 4:43.88
	100m: 1:11.63	38.34 200m: 2:29.67	39.19	300m: 4:06.80	48.85	400m: 5:19.23
						37.08
						35.35
8.	Jack Beaujon	Olympia	5:20.55	200304251	5:42.33	
	50m: 30.35	30.35 150m: 1:53.01	45.36	250m: 3:28.34	48.82	350m: 5:00.24
	100m: 1:07.65	37.30 200m: 2:39.52	46.51	300m: 4:18.52	50.18	400m: 5:42.33
						41.72
						42.09
9.	Jesse Bruines	Batavia Swim	7:03.89	200402413	SM8	7:01.16
	50m: 44.20	44.20 150m: 2:32.97	54.59	250m: 4:31.84	1:05.35	350m: 6:21.01
	100m: 1:38.38	54.18 200m: 3:26.49	53.52	300m: 5:38.67	1:06.83	400m: 7:01.16
						42.34
						40.15